

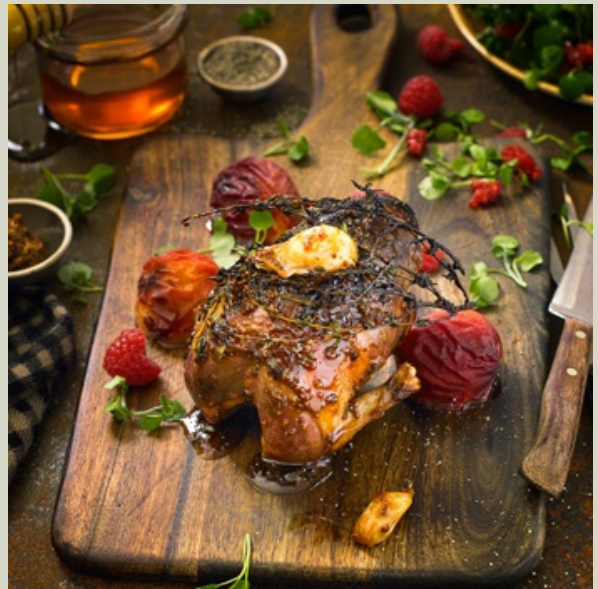
The end result



BBQ PIGEON WITH MUSTARD GLAZE

Ingredients (serves 1):

- 1 whole pigeon, 2 sprigs fresh Thyme
- 2 cloves of garlic, 20g honey
- 20g Teriyaki sauce
- 10g wholegrain mustard
- 2g smoked paprika, 4g chipotle paste
- 250g fresh watercress
- 40g grated parmesan
- 8 raspberries, 3 plums
- pinch of sugar



Instructions:

1. Make a marinade by mixing the honey, Teriyake, mustard, paprika & chipotle. Place the pigeon in a bowl & brush with the marinade. Season & put in the fridge for 20 mins.
2. Preheat the oven to 180°C. Rub the skins of the plums with a little oil and sugar & place them on a roasting tray.
3. Move the marinated pigeon onto a separate lightly greased frying pan with the garlic and thyme & fry for around 8 minutes until nicely browned, then transfer to the same tray as the plums, & cook for 10-15 minutes. The plums should start to bleed at around 4 minutes, & can be removed then.
4. Remove the pigeon from the pan & leave to rest. Basting now & again with the juices from the roasting tray.
5. Prepare the salad- simply dress the watercress with a drizzle of rapeseed oil, then rip up the fresh raspberries and scatter them among the leaves. Cut up the plums.
6. Serve the rested bird on a plate or board. Arrange the salad around the pigeon, top with the pieces of plum, & sprinkle grated parmesan liberally over the top.

See this recipe and others like it at www.eatwild.co